



Orange-Dijon Chicken Wings

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



1

CALORIES



2086 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken wings split
- 0.3 cup grey poupon country dijon mustard
- 1 Tbsp onion dried minced
- 1 clove garlic crushed
- 0.3 cup orange marmalade
- 1 Tbsp lite soy sauce
- 0.5 cup heinz tomato ketchup

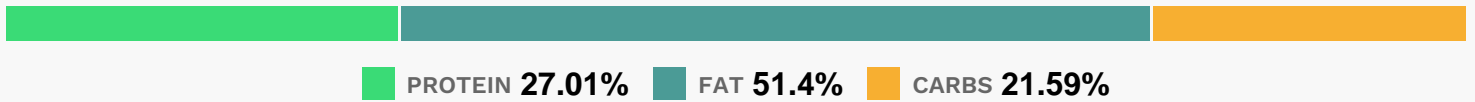
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Mix all ingredients except chicken until blended.
- Pour half over wings in shallow dish; turn to evenly coat wings. Refrigerate 1 hour to marinate.
- Heat oven to 375F.
- Remove wings from marinade; discard marinade.
- Place wings in single layer on rimmed baking sheet sprayed with cooking spray.
- Bake 40 to 45 min. or until done, draining after 20 min. About 5 min. before wings are done, cook remaining ketchup mixture in saucepan on medium heat 5 min. or until heated through.
- Serve wings with sauce.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:44.812173822652%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 2085.59kcal (104.28%), Fat: 119.63g (184.05%), Saturated Fat: 33.1g (206.89%), Carbohydrates: 113.06g (37.69%), Net Carbohydrates: 108.61g (39.49%), Sugar: 92.65g (102.94%), Cholesterol: 565.81mg (188.6%), Sodium: 3376.34mg (146.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 141.44g (282.87%), Vitamin B3: 46.45mg (232.24%), Selenium: 137.36µg (196.23%), Vitamin B6: 2.98mg (148.89%), Phosphorus: 1115.8mg (111.58%), Zinc: 10.62mg (70.83%), Vitamin B5: 6.04mg (60.42%), Vitamin B2: 0.95mg (55.84%), Iron: 9.11mg (50.6%), Potassium: 1747.65mg (49.93%), Magnesium: 192.43mg (48.11%), Vitamin B12: 2.35µg (39.19%), Manganese: 0.74mg (37.07%), Vitamin A: 1807.29IU (36.15%), Vitamin B1: 0.53mg (35.37%), Copper: 0.6mg (29.97%), Vitamin E: 4.25mg (28.33%), Vitamin C: 20.12mg (24.39%), Calcium: 207.81mg (20.78%), Fiber: 4.45g (17.8%), Folate: 65.78µg (16.45%), Vitamin

D: 0.73µg (4.9%), Vitamin K: 4.77µg (4.55%)